

The Lion

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*An Unofficial Newsletter for Members Only of
Saint Mark's Parish, Denver, Colorado*

Founded 1875

New book by local Orthodox author

VOYAGE: A Quest for God within Orthodox Christian Tradition
by Lynette Smith

Voyage illuminates a remarkable search for deeper spiritual meaning. It chronicles nothing less than the struggle to, "share complete and unreserved communion with Father, Son, and Holy Spirit."

As a convert to the Orthodox Church, the author shares her path and points to a way to follow Christ in everyday life that is within the reach of every person. With down to earth poignant candor and humor, Lynette weaves her personal experiences together with deep meditations on Orthodox faith that will speak to all seekers of spiritual truth. Casting inspirational light on the Western Rite Liturgy, the Scriptures, and wisdom from the Fathers and Mothers of the Church, the author helps her fellow travelers to embrace a refreshing relationship with God.

ABOUT THE AUTHOR

Lynette Smith is the youngest of five children and the daughter of a small-town evangelical pastor. Lynette grew up on the Navajo Indian Reservation in Shiprock, New Mexico, and as a young adult assisted with missionary work in Southeast Asia. In the midst of studies for a Masters in Old Testament theology, Lynette converted to the Orthodox Church. Lynette has taught biblical studies in Protestant and Orthodox churches and currently serves as chanter in St. Columba Orthodox Church.

ENDORSEMENTS of *VOYAGE*

"This book of reflections illustrates important lessons about the spiritual life and will inform and encourage every reader who picks it up!"

+Bishop BASIL

Bishop of Wichita and the Diocese of Mid-America (Antiochian Orthodox Christian Archdiocese of North America)

"Smith's description of how she came to grips with depression, disillusion, and discouragement is inspiring. Her story of coming into Orthodox Christianity is compelling for its frank and honest examination of what it means to be an Orthodox woman in the twenty-first century."

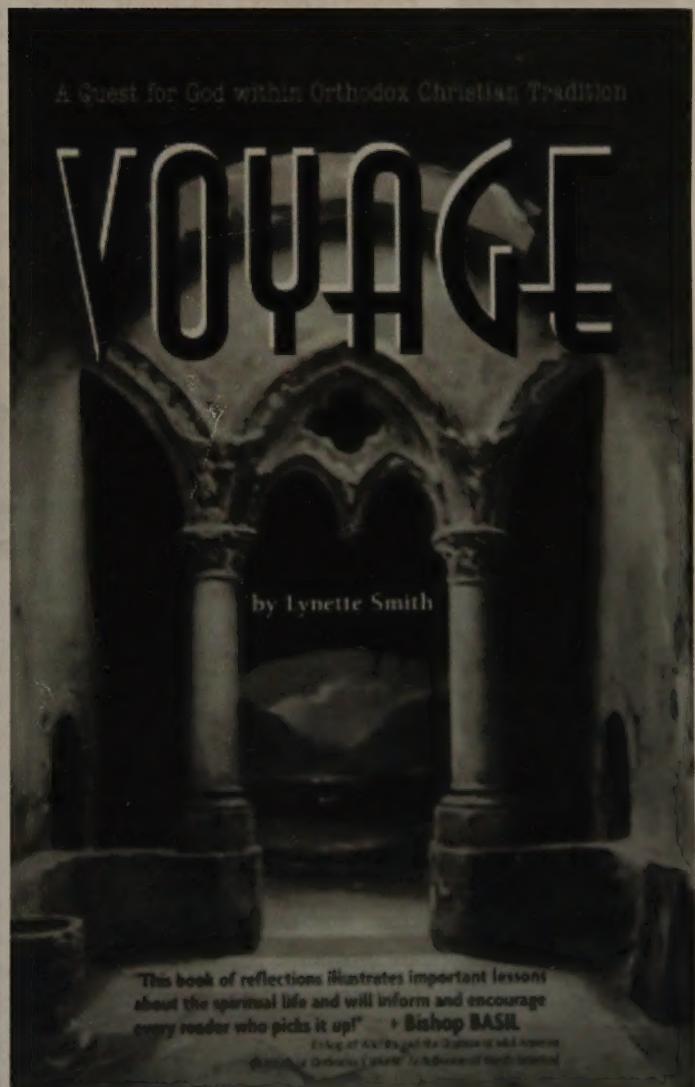
The Very Rev. Lester Michael Bundy

Professor Emeritus, Religious Studies, Regis Jesuit University, Denver, CO, and Priest-in-Charge, St. Columba Antiochian Orthodox Church, Lafayette, CO

"VOYAGE explores the full coastline of Orthodox Christianity, drawing insight in particular from the perspective of the Western Rite, the ancient worship of the British Isles. This journey is framed in language simultaneously poetic and accurate, which is good evidence of a worthy guide."

Frederica Mathewes-Green

Author of *The Illumined Heart: Capture the Vibrant Faith of the Ancient Christians*



WHAT HAPPENED TO *THE LION* NEWSLETTER THIS SUMMER?

The simple answer is that other unwelcome and urgent obligations imposed themselves on the usual Staff and replaced the hours we could normally donate to *The Lion* each month.

For example, the work of Lancelot Andrewes Press brought the *The American Missal, Revised and Expanded* Edition 2010, into print with about one hundred pages of newly typeset materials. This was an ambitious and expensive and demanding work. The Canons of the *Missale Romanum* in Latin, the *English Knott Missal* Fourth Edition (1940) of the Gregorian Canon, the original 1549 English *Book of Common Prayer*, and the American Canon

with the whole Eucharistic Rite in the form used by Western Rite Orthodox parishes, were added to a separate section. A number of Proper Prefaces including Advent and several Masses, such as two for Our Lady of Walsingham, the Sarum Assumption, St. Elias, and those for Ss. Benedict, Augustine, and Francis are found in a new supplement.

The cover design is inspired by a 1907 *Missale Romanum* by Desclée which Fr. John obtained at St. Philip's Bookstore in Oxford. Mr. Jeffrey Winkelhake drew new versions of the Symbols of the Passion and the elaborate Crosses on the cover both front and back. The bindery stamped these in gold on a black cloth cover. Mr. Oliver John Brainerd scanned the entire American Missal from an old copy after cleaning up the pages from pencil marks and other defects of sixty years usage. Mr. Winkelhake then did further detailed work in Photoshop to make sure the pages are clean and the red and black type are properly registered. Our collaborators at Thomson-Shore were most helpful with professional advice. Mr. Benjamin Joseph An-



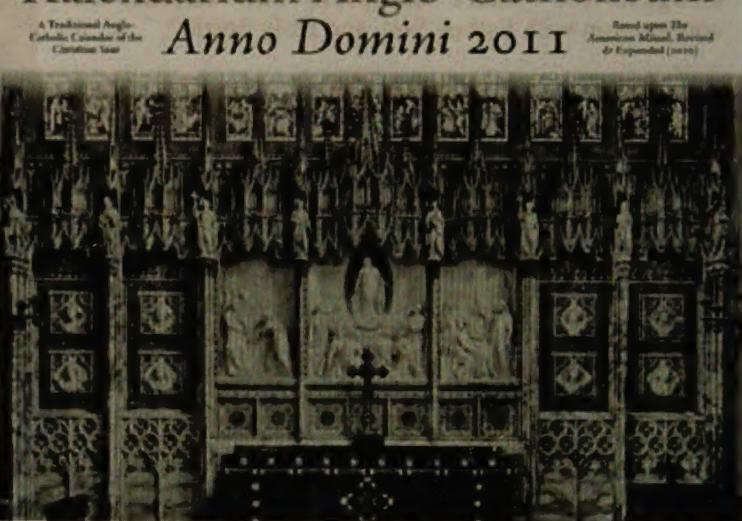
dersen completed all the new typesetting. Fr. John served as Editor of the whole production. The American Missal is available from Lancelot Andrewes Press, www.andrewes-press.com for \$ 185 plus \$ 10 shipping to USA addresses and various shipping charges to foreign countries.

In addition the *St. Dunstan's Plainsong Psalter* has been produced in a soft cover on thin paper. Other Titles introduced or soon to be introduced include an expanded reprint of *The Plainsong Hymnal Noted* and a universal Church Kalendar for 2011. The *Kalendarium Anglo-Catholicum* is an English language Church calendar based on the usages of the *American Missal*. It is a rare mercy that the Byzantine and Gregorian calculations agree on the Date of Easter in 2011.

The *Kalendarium Anglo-Catholicum* is available at Lulu.com as both a printed edition or a download, on their Internet store at :

www.lulu.com/product/paperback/kalendarium-anglo-catholicum-2011/12477227

Kalendarium Anglo-Catholicum Anno Domini 2011



Lancelot Andrewes Press also plan to print the Psalms of David set to Anglican Chant tones with a selection of Canticles and the elaborate Marian Anthems. This Psalter might be in print before Christmas 2010. God knows.

HOWEVER, the biggest challenge for many of us this summer was the removal of the entire Lancelot Andrewes Press business and ministry and legal relationship from the Parochial Corporation of St. Mark's, Denver to a Public Charity. Lancelot Andrewes Press, after many hours and dollars spent with an attorney skilled in Charitable Corporations, is now an independent non-profit entity. An expert Banker with Chase Manhattan Bank set up

proper new accounts for the business operations and a most competent builder designed and completed other needed equipment. All this caused us many hours of work including the removal of thousands of books. Given the wide and loyal customer base for these traditional English language Prayer Books the whole transformation of the Press puts its inventory and its workers in a much safer environment. We are better able to serve a wide base of devout believers throughout the English speaking world. We are ready to keep our Titles in print and to revise those Titles as needed.

It might be prudent to learn from the destruction of the great Liturgical Publishers of the 19th and 20th centuries such as Desclée in Europe, Knott and Sons in England, and Gray and Company in the United States, that quality publishing is an endangered species in this business. Bad taste does drive out good. Incompetents do fire good workers. Idiots prefer 'happy clap' and self worship to the objective reality of Divine Worship. So we will see what good the present hard won precautions will accomplish.

It may surprise some readers to learn that the number of new Titles of books of all sorts introduced into print in 2009 was double the number of 2008. Just when the forces of illiteracy seem to be overwhelming there are actually more writers and more readers of all kinds of books than ever before. Several of us learned of the new world of writing and publishing at the Writers' Conference at St. Laurence Retreat over the Dormition weekend in August. So, maybe the effects of bad schools, television, and so forth have been exaggerated.

Thanks to the workers and volunteers who support the Press and who got it all moved in August and September. Another author / publisher in our Diocese of Wichita is Bishop Basil whose new Edition of *The Litugikon* for Eastern Rite worship is now in print in a beautiful production available from: <http://www.eighthdaybooks.com/> (Eighth Day Books) in Wichita, Kansas. §

A REVIEW OF THE ST. AMBROSE PRAYER BOOK

The *St. Augustine Prayer Book* is a well beloved and reliable source for daily prayers for many people, whether it be the traditional 1947 edition or the revised 1967 edition.

However, The *St. Ambrose Prayer Book* goes a step farther in rendering a truly comprehensive prayer book. It contains almost all of the prayers of the two editions of the *St. Augustine PB*, and are all faithfully rendered, but it also combines bits of both editions that are unique to each. For instance, the *St. Ambrose Prayer Book*'s wonderful section on confession and self examination combines the examina-

tion of conscience of the 1947 and 1967 editions, giving a truly comprehensive guide for examination. As for the mass, if you are an Anglo-Catholic like me, the Mass is also contained in the book, almost exactly as in the *St. Augustine PB* with a few additions for the Orthodox users that it is mainly published for under the title of the *Holy Mass of St. Tikhon*. In short, the *St. Ambrose* has all those prayers that are in the *St. Augustine Prayer Book*, from both the traditional and revised editions, with a few extras as well. Furthermore, the Language is the same beautiful rendering as the *St. Augustine PB*, and also contains many stunningly beautiful illustrations. Combined with the sturdy, yet handsome vivella covering, "bible paper" and dual ribbon markers makes this book a compact, sturdy, and extremely versatile and useful prayerbook. This book has just become my mainstay as my go-to book of prayers.

Nathan, an Anglo-Catholic

The St. Ambrose Prayer Book is available at :

www.andrewespress.com for a current sale price of only \$20 including USA postage.

POPE MEETS HEAD OF BREAKAWAY SECT



From the very popular "National Post" of Canada.

God Save the Queen! Viva el Papa!

The "Breakaway Sect," by the way, with the Queen, is usually called the "Church of England."

Father Pat's Pastoral Ponderings

by the V. Rev'd Patrick Henry Reardon

All Saints' Church, Chicago

I WONDER if anyone has done a full count of the English expressions drawn from the nautical world. We use them quite commonly, of course, but direct attention is seldom given to their original sense. Thus, when we tell our children to "pipe down," we do it without the pipe. Nor do the children become alarmed that we might "let the cat out of the bag." Mercifully, we hope, they don't know what Lord Nelson and his friends meant by the "cat."

Still, we expect children to catch something of our meaning when we tell them to learn the ropes, to clear the deck, not to go overboard, to fend off, to bail out, to bear up, to avoid the doldrums, to maintain an even keel, not to run afoul, to haul up short, to make a clean sweep from stem to stern, to shake a leg, to weather a storm, and to sound off. If they fail in these respects, they can expect us to take the wind out of their sails, and maybe even take them down a peg or two. Otherwise, there is a distinct danger they will be stranded or beached, because we are not about to raise a bunch of loose cannons.

Several decades have elapsed since first I found delight in the Hornblower stories. The major challenge of those novels and short stories, if memory serves, was their profusion of enigmatic nautical terms, which required patient recourse to a dictionary. For example, the difference between a sloop and a brig was, at that time, quite beyond my comprehension without extra help.

About a decade ago, this was followed up by reading through the complete series of Patrick O'Brian's Aubrey-Maturin stories, but by this time I had the benefit of Dean King's *A Sea of Words*, an excellent source for the definitions of nautical expressions. The reader grows accustomed to the strange nouns and verbs associated with that kind of literature, much as he gradually picks up bits of "braid Scots" from reading the Waverly novels.

To those called landlubbers, however, nautical conversation has always sounded like gibberish, and therefore a thing readily mocked. An early example comes from Jonathan Swift. In the course of mocking just about everything going on in the early 18th century, Swift threw in a bit of fun with nautical language, when he described Gulliver's approach to Brobdingnag:

"The ship lay very broad off, so we thought it better spooning before the sea than trying or hulling. We reefed the foresail and set it, and hauled aft the foresheet; the helm was hard a-weather. The ship wore bravely. We belayed the fore-downhaul; but the sail was split, and we hauled down the yard and got the sail into the ship and unbound all the things clear of it... We hauled off upon the lanyard of the whipstaff, and helped the man at the helm. We would not get down our topmast, but let all stand, because she scudded before the sea very well, and we knew that, the topmast being aloft, the ship was the wholesomer, and made better way through the sea, seeing we had sea-room. . . . Then we set the mizzen, main-topsail, and the foretopsail. Our course was east-north-east, the wind was at southwest. We got the starboard tacks aboard; we cast off our weather braces and lifts; we set in the lee-braces, and hauled forward by the weather-bowlines, and hauled them right, and belayed them, and hauled over the mizzen tack to windward, and kept her full and by as near as she would lie."

Not one in ten of Swift's readers, even at that time, had the foggiest idea what he was talking about, but the endless, incomprehensible stream made great satire.

Even funnier is Twain's account of Tom and his 'pirates'--A.K.A., Huck the Red-Handed, the Terror of the Seas, and the Black Avenger of the Spanish Main--slipping their raft into the current of the Mississippi: "They shoved off, presently, Tom in command, Huck at the after oar and Joe at the forward. Tom stood amidships, gloomy-browed, and with folded arms, and gave his orders in a low stern whisper:

'Luff and bring her to the wind.'

'Aye, aye, sir.'

'Steady, steady-y-y-y!'

'Steady it is, sir!'

'Let her go off a point!'

'A point it is, sir! . . .'

'What sail's she carrying?'

'Courses, tops'l's and flying jib, sir.'

'Send the r'yals up! Lay out aloft, there, half a dozen of ye ---foretopmaststuns'l! Lively, now!'

Beyond the Food/Mood Connection:

Nutritional and Environmental Influences on Mood, Behavior and Sleep, and Effective Non-Medication Solutions

As therapists, we were not taught in school how many emotional, behavioral and psychiatric symptoms come from biochemical imbalances in our bodies and brains. I was taught that there are emotionally and developmentally based symptoms that therapists handle with therapy, and brain-based symptoms that psychiatrists handle with medication. If clients had a biochemical depressive or anxious disorder, or were psychotic, I ethically and sometimes legally had to make sure they were seeing a doctor and were on medication. ***There were no other options!*** It was too bad for the client if they didn't want drugs, or had bad side effects. They and we were stuck. **No Longer!**

In this class you will learn how to empower yourselves and your clients, and take advantage of the many effective options to medication that now exist.

Feelings, perceptions and behavior are mediated by the brain. If the brain is out of balance, our feelings and perceptions are also out of balance, leading to an inability to adequately cope with stress, and inappropriate, addictive or out of control behaviors.

In this two day training, you will learn which common factors throw the brain out of balance, and how to effectively address these imbalances through diet change and research-based nutritional supplements available at local vitamin stores.

In this information packed two day seminar, you will learn:

- What happens to mood and behavior if we don't get enough vitamins, minerals and other nutrients;
- Which amino acids support which neurotransmitters and when not to use them;
- The role of blood sugar regulation in addiction recovery, AD/HD, anxiety, depression and insomnia;
- How to determine if food allergies or intolerances are causing your client's symptoms;
- Adrenal fatigue and its effect on caretakers, addictive family members and victims of violence;
- Neuro-toxicity from heavy metals, mold and other bio-toxins which interferes with treatment;
- How to effectively address the symptoms of PMS, Menopause, Male Menopause and Thyroid issues;
- And much more that you can put into practice immediately to support your clients' full recovery.

Presenter: Christina Veselak, LMFT, CN Christina Veselak is director of **Relapse Prevention Services**, an innovative treatment program for chronic addicts, and alcoholics, and has a private practice specializing in the treatment of trauma, depression, anxiety and chronic pain/illness. She has been a licensed psychotherapist since 1985 and is highly trained in mental health nutrition. Her passion is in teaching people effective, safe and non-toxic alternatives to psychotropic prescription medication for anxiety, depression, insomnia and mental illness. She is a national speaker on these topics. She is also a founding member of **The Alliance for Addiction Solutions**, an international non-profit organization promoting drug-free repair of the addicted brain.

Dates and Times: Nov. 13-14, 9am – 5 pm, at 1450 S. Havana, #712, Aurora, CO 80012
Oct. 23-24, 9 am – 5 pm in Boulder, location to be announced.

Cost: \$160.00 Registration: 303/888-9617

The Rome, Italy Expedition in May 2010

recorded many most interesting sites including the Basilica of San Lorenzo and the Cemetery of Rome on a very dark and stormy day. There are many photographs by Oliver J. Brainerd and they illustrate what a really developed Necropolis with a fantastic variety of architectural monuments can achieve without the Soviet Civic regulations so common elsewhere.



The 'streets' in the Cemetery of Rome bring one to many exaggerated monuments of many possible inspirations. This elevated casket may not hold the corpse of the dearly lamented but rather mark a family burial plot. Many monuments include photographs of the buried family members... a connexion with the deceased otherwise impossible for the devout visitor to achieve. Fr. Donald David Lloyd, D.D. and I have discussed this practice and agree it is wholesome.

This lecturn illustrates the damage done to the Basilica of San Lorenzo (Saint Laurence) outside the walls in Rome, Italy by an aerial bombing raid in the World War. The real targets were the German trains near the Termini Station. The bombs missed their targets and blew up much of St. Laurence and the Cemetery of Rome next door. An odd theory of Chicago preaching is that the Americans were hoping to blow up the tombs of the Mom and Dad of Pope Pius XII. Exactly the strategic value of that target is not explained or even possible to imagine.



Angels of all sorts and sizes are popular memorial objects in the Cemetery of Rome. This example is a well taught Acolyte who knows how to hold (keep custody of) his hands. Some examples trumpet the virtues of the deceased, others offer prayer, some simply look very handsome and expect to be admired and others express a deep modesty and weep and drape themselves over the tombs of the dearly lamented... whether missing their earthly company or lamenting their many unrepented sins is not obvious to the tourist.

It may be advised that while the hot spots for tourist activity in Rome are the major Basilicas, especially St. Peter's at the Vatican, you may see very few pilgrims at St. Laurence and possibly only one or two of the living in the Cemetery of Rome. Probably not enough Gelato served there or a lack of thrilling Papal Audiences. A humbling and melancholy place and worth the #3 tram ride to a scary part of the city which, by reason of the hideous inhumane cement walled modern buildings of the University of Rome to the North, is most inhospitable. Jump on a tram and leave. It is not possible to escape by walking.



THE Benedictine Fellowship of St. Laurence are earnestly producing high quality reproductions of the magnificent Icons which by chance are currently around the Altar at St. Mark's Parish... all the work of Archdiocesan Iconographer Mary Gay Sullivan Coit. These Icons are owned & insured by the BFSL. To accommodate fears regarding any damage or theft of these icons they have been reproduced with much skill by professional photography and printing and mounting at the highest level of skill.

The result is a benefit to any and all the Faithful who would like to add reproduction Icons to their private Chapels or Icon corners. Churches who find any interest in large or small reproductions of Ss. Agnes, Cecilia, Peter, Paul, George, Alban, Benedict, or other Saints will find this excellent work readily available. The first set of full sized reproductions will go to the St. Laurence Basilica at Tallahassee Creek, Colorado.

It may be prudent to provide reproductions at St. Mark's Parish as well and remove the original icons to a more secure location. Thanks to all who have laboured to remove so many books, both inventory and private library items from St. Mark's rooms since the first week of August. This mobilisation would not have been possible without strong arms and trucks and new shelves off site.

The Reed Photographic Imaging of Denver produce these reproductions upon order. We hope to provide a proper website for ordering with pricing and other details in the next few days. Our hope is that the sales of reproductions will provide for new commissions for original icons.

Examples of Ss. Benedict and Basil are given here. The quality of photography and printing and mounting and lamination are the latest in graphic skill and technology.



A Retreat for Writers

a Revue by Subdeacon John W. Brainerd

AUGUST 14-16 a Retreat for Writers (and their hangers-on) was held at the Saint Laurence Retreat Center at Tallahassee Creek. Mark Mingle, Director of Marketing of Tate Publishing Company (and Father John's first cousin once removed), was the keynote speaker.

Mr. Mingle's theme for his talk was Five Truths Every Author Should Know. The five truths are: 1. Competition is Fierce; 2. Distribution is Key; 3. The Industry is Changing; 4. You Must Know Your Audience; 5. Don't Underestimate the Power of the Internet.

One of the more interesting points made by Mr. Mingle was the explosion of publishing in the digital age. In the 1960s, two to three thousand ISBNs were issued per year, meaning the total number of books published for the whole decade would have been no more than thirty thousand books. In 2009, four hundred thousand ISBNs were issued. In 2010, over one million ISBN were issued! So, while competition is fierce, meaning every other person with a laptop is now writing a novel, the industry is changing, meaning that every tenth person with a printer and is publishing a book in some form or other.

This is a key aspect of the change in the industry. The publishing possibilities have grown exponentially. Mr. Mingle emphasized that because of these changes, distribution really is a fundamental key to a writer's success. A writer could very well have a hundred thousand copies of his book sitting in his garage. The writer is 'published'; his or her book is in print. However, this is of little real value. Most writers' intent is to have others read and enjoy their work.

Mr. Mingle did explain that knowing the audience for a particular book allows the astute publisher to determine how a book should best be distributed. Tate Publishing looks at each book they publish to determine what its target audience is. For example, if they are publishing a book about great battles of the Civil War, Tate will market the book to clubs that reenact Civil War battles.

Finally, Mr. Mingle made it clear that the publisher's role in the twenty-first century is to partner with the author in actively marketing and selling the book.

The retreat was hosted by Mrs. Tamara McCrossen. She was assisted by her husband Bernie, and by Richard

Rose (Bro. Cyril), caretaker of Saint Laurence. There were twenty-five people in attendance, including Father John's first cousins, first cousins once removed, first cousins twice removed, as well as various Saint Mark's parishioners, and friends.

Morning and Evening Prayer were sung daily. Sung Mass was celebrated Sunday Morning on the Feast of the Assumption of Our Lady. The singing was magnificent and one of the finest vocal productions of the Holy Mass possible, much helped by the perfect acoustics of the St. Laurence Basilica.

Much recreation was performed, including strolls down the valley, campfire ghost stories, star viewing via telescope, a hike to the top of the ridge above the Retreat Center, wild flora and fauna viewing, good food and good fellowship.

During our hike, we learned all about local landmarks, including Climbing Bear Rock, Climbing Bear Valley (near Climbing Bear Rock), the stage coach road that crossed Tallahassee Creek, and many others.

The spectacular beauty of the Sangre de Cristo Mountains provided a breathtaking backdrop to an equal part relaxing and uplifting experience. The Writer's Retreat was a great success. §

THE LION

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The Lion is an unofficial, much loved, and uncompensated newsletter of St. Mark's Parish of Denver, Colorado.

V Rev John Charles Connely, M.A., editor

Matushka Deborah Connely, staff photographer and bookstore manager

Over 6,000 copies of The Lion are downloaded each month from
www.WesternOrthodox.ca &
www.WesternOrthodox.com

Over 1,500 audio files are downloaded each month from
<http://www.westernorthodox.com/stmark/sermons/>

For the BCP and Altar Missal see: www.EOC.org

For Lancelot Andrewes Press: www.andrewespress.com

For the Benedictine Fellowship of St. Laurence see:
<http://saintlaurenceosb.org>